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College of Health Sciences Newsletter, April 2017

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IPE Day was a hit again this year, attracting a crowd of more than 170 to the Big Blue Room at the Ted Constant Center. **Below:** Journalist Sam Quinones gives his take on the opioid crisis.

IPE Day addresses opioid epidemic



This year's Interprofessional Education Day, held on March 29 at the Ted Constant Center, was a resounding success thanks to the efforts of many. The event drew more than 170 attendees.

Thank you faculty and students, who participated as well as served as volunteer facilitators and volunteer medical readers. Thanks to the Center for Learning and Teaching as well as our institutional collaborators including EVMS, the Hampton University School of Pharmacy, and Norfolk State University's Ethelyn R. Strong School of Social Work.

Keynote speaker Sam Quinones, an American journalist from Los Angeles, spoke about his book "Dream Land," which took a deep, dark look at the opiate crisis and its effect on a small Rust Belt town in Ohio. Quinones used his intimate knowledge honed by years of investigative reporting to present an expert overview of the health, sociological, and policy implications of the U.S. opioid use and misuse epidemic.

Carolyn Weems, from the City of Virginia Beach School Board and co-chair of the

See IPE on Page 6

Dean's Message: Associate Dean Debbie Bauman

Manage the crunch: The finish line is approaching

The end of the semester is near! Faculty members are holding their breath, trying to keep their heads above water, and praying for May 6. The feelings of exhaustion and frustration are both intense and predictable. Strategies of Kerry Ann Rockquemore, PhD, President, National Center for Faculty Development & Diversity, are extremely helpful in adjusting to the rhythms of the semester. ODU is an institutional member of the center so faculty can join for free to receive the Monday Motivator, a weekly e-newsletter. Dr. Rockquemore notes:

"...so if you find yourself feeling bone-weary, that's perfectly normal! This week, I encourage you to recognize the current intensity you're experiencing for what it is: a predictable rhythm of the term. Sleep is not negotiable for me! The point is to ask yourself: What can I let slide a bit for the next week (or two) without negative consequences? Knowing this is a recurring pattern should enable you to be gentle with yourself and make behavioral adjustments that will allow you not only to survive but thrive during the end-of-term crunch time."



Debbie Bauman

Included in this April issue is the first installment of College of Health Sciences advisory board member profiles highlighting Board President Marge Green, a strong leader and collaborative partner.

The annual spring IPE Day and the new IPE Poster Day were outstanding events demonstrating that the college is approaching its vision of "creating an interprofessional education and practice culture." The efforts of many were much appreciated by ODU students and those from several other institutions. IPE doesn't get any better than that!

Community service and outreach are also celebrated in this issue from both the international, local and on-campus communities with stories regarding study abroad in Ireland, campus blood drive, nursing student progress in supporting infant and child health and Admitted Students' Day.

It's crunch time, so pace yourself, let others know, manage your energy levels and affirm your good work and that of your students!

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From the Editor

Spring brings burst of college activity

There's a saying: "When it rains, it pours." And this past month is a perfect example when it comes to what's happening at the College of Health Sciences.

Interprofessional Education crushed it with its third annual IPE Day, which focused on the opioid epidemic, and followed it up with an also well-attended inaugural IPE Poster Day. Admitted Students' Day welcomed a flood of prospects through our doors for a busy Saturday filled with insightful information for many students expressing a commitment to our programs. Our March blood drive at the Student Recreation Center proved quite a success, with more than 80 units of blood collected. Some of our students even headed to Ireland to sharpen their nursing skills.

Spring is never short on activity at the college, and this one feels a bit busier than last. I have a feeling you'll be as impressed as I am with the offerings in April's newsletter. It's certainly been a fun month to cover!



Irvin B. Harrell

LEARNING TOGETHER. HEALING THE WORLD.

ADVISORY BOARD SPOTLIGHT

Marge Green, Yorktown, Va.

What do you do for a living?

My retirement as Acting Chair of ODU's SODH and clinician in private periodontal practice has enabled me to more fully engage volunteerism. I enjoy working with agencies focused on advancing the quality of life through legislative advocacy and improving access to oral health care and education. These include serving on state and local coalitions, national industry, professional association, foundation and university boards.

What inspired you to choose your career?

My parents' enthusiasm for higher education and expectation that I would obtain the college credential to ensure my independence became my inspired goal. My father's hospital employment as the medical illustrator and professional photography generated our curiosity of the health industry. In my days, the choice for the female was a career in nursing, teaching or the new field of dental hygiene. After spending a day side by side observing the dental hygienist and dentists at Pittsburgh's Children's Hospital provide full mouth reconstruction for those with special needs, I quickly selected dental hygiene.



Marge Green, chair of the College of Health Sciences Advisory Board

What sparked your interest in health care and the COHS Advisory Board?

My high school volunteer experiences as a Candy Striper in a nursing home illuminated my understanding of the values of health and the long-term health care system. My leadership roles in high school clubs of Future Nurses, Future Teachers, and Class Treasurer exposed me to many community service projects and activities that reaffirmed we can help one another in many ways to maintain and achieve a healthy lifestyle.

My interest in the advisory board was sparked by my former dental hygiene student, Dr. Deanne Shuman. At the time she was the Acting Dean of the COHS. She extended me an invitation to join the board, a first time for a dental hygienist to have a seat at the table and share their expertise.

What do you see as a big challenge in today's health care, and why?

Awareness and value of health are challenges I see in the full spectrum of life. From the newborn, born in a state of health, to the individual facing the final phases of life, I have witnessed the loss of oral health due to lack of one's (or guardian's) understanding, societal values, and impeded access to health care caused by economics, lack of transportation, and/or anxiety. With illiteracy, we often observe the barrier to absorbing educational information readily available and essential to guiding one in achieving health. Finally, I have sadly observed that some health care professionals fail to apply knowledge that oral health is connected with total health. This challenge negatively impacts the progress we must make in collaboratively providing integrated, interprofessional care to all people.

What piece of advice would you give students as they work toward careers in the health care industry?

Respect yourself and others.

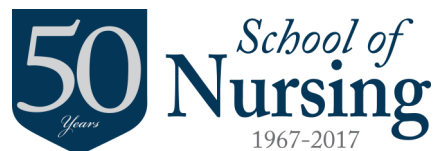
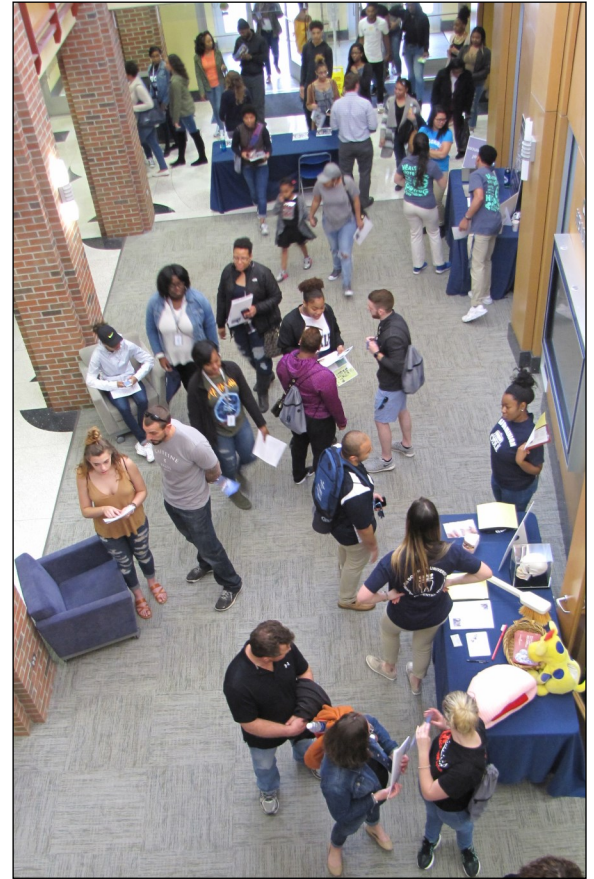
What do you do for fun?

Travel, grandparenting, gardening, reading, bible studies, yoga, music, art shows, music, and loving my family and friends.

ADMITTED STUDENTS' DAY



Admitted Students' Day was a busy Saturday for the College of Health Sciences on March 25. More than 1,500 students visited the campus and brought with them more than 3,000 guests. The School of Nursing was one of the most popular programs with about 170 students stating nursing as their intended major.



Topgolf Mixer

Topgolf, one of Hampton Roads' hottest entertainment venues will serve as the location for the first of two 50th anniversary celebrations.

The event will include three hours of unlimited playing time, and a private buffet reception, including beverages (beer and wine).

Registration deadline is Monday, April 24 @ www.odu.edu/nursing.

Alumni, faculty, friends and students are limited to one guest.

When: Thursday, April 27, 2017, 6-9 p.m.

Where: 5444 Greenwich Road, Virginia Beach

How much: Alumni, faculty, friends & guests: \$35



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SCENES FROM THE BLOOD DRIVE

Donations save lives

A big "Thank You" from the Medical Laboratory Science Student Association to everyone who donated, supported, helped advertise and recruit donors for the annual MLSSA blood drive on March 21 – you are all awesome! If you haven't heard yet, there were 85 units of blood collected, which is estimated to potentially save up to 255 lives!

INTERPROFESSIONAL EDUCATION

Poster Day draws a crowd

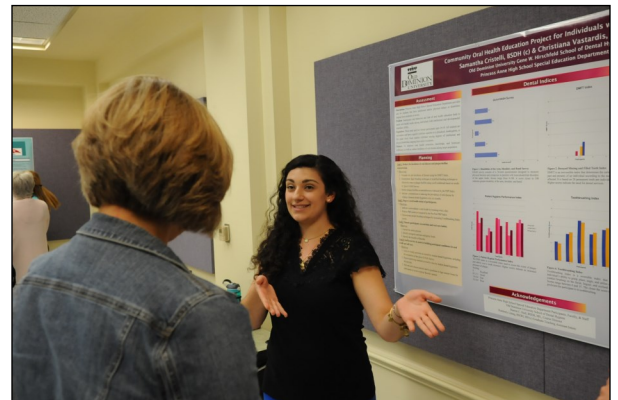
An interprofessional faculty team facilitated interprofessional learning for their clinical counseling, dental hygiene, and nursing students on April 7.

The faculty team was comprised of Kaprea Hoquee, PhD, NCC, Department of Clinical Counseling, College of Education; Sharon Stull, BSDH, MS School of Dental Hygiene; Janice Hawkins, PhD, RN School of Nursing; and Jamela Martin, PhD, RN, School of Nursing.

The faculty and students used the inaugural College of Health Sciences IPE Poster session to create awareness of the roles and responsibilities of health care professionals promoting evidence-based practices, improving population health and promoting skills in interprofessional communication. Student presenters did a great job of presenting their work and responding to attendees' questions. The 135 students, 44 faculty and/or staff members, and four community members in attendance enjoyed the opportunity for interprofessional interaction. Kudos to all who worked to provide this great learning experience!



Dental Hygiene students Nia Speller, above, and Christiana Vastardis, below, deliver their poster presentations.



IPE, from Page 1

Hampton Roads Heroin Working Group, used her personal experience to compel IPE Day participants to see the complexity of addiction and charged them to alter clinical practice to more effectively help those persons, families, and communities affected by the crisis.

IPE Day 2018 is scheduled for March 28, 2018. The faculty and students in the School of Community and Environmental Health are leading the design plans for that event.



Interim Dean Richardean Benjamin shares a laugh with keynote speaker Sam Quinones.

SCHOOL OF NURSING

Students display skills in N. Ireland

By Gem Morido

Vice President of Student Nurses' Association

During spring break, several students from the College of Health Sciences and faculty members Dr. Janice Hawkins and Professor Christine Sump, ventured to Ireland on a study-abroad trip to learn about local culture and interprofessional global health.

Upon our visit, we completed a program orientation in Dublin and traveled by bus to our final destination, Donegal, where we were dropped off at our host homes to rest for the evening. The following day, we went to the local community center, *Ionad Naomh Pdraig*, to host a pamper day for cancer patients and their caregivers.

Our visit also consisted of sightseeing and learning about Ireland's rich history in central Donegal, the Abbey Graveyard, W.B. Yeats' grave, Glencar Waterfall, the Lissadell House, and Sligo. We met with local primary care providers, including a social prescriber, public health nurse, occupational therapist, and psychiatric nurse. They discussed the similarities and differences between the U.S. and Ireland's health systems, the educational requirements of each occupation, and their roles in managing health disparities in the local community.

We attended a weekly women's group meeting at a community center and taught them about stress management, proper stretching techniques, and nutrition. We also provided blood pressure checks with hypertension management information and oral cancer screenings.

Our group traveled to Altnavelgin Hospital in Derry, Northern Ireland, to tour its simulation lab and participate in ER and L&D patient simulations on high fidelity mannequins. We learned about the healthcare worker retention problem in rural areas outside Belfast, the national healthcare system and its comprehensive coverage for its citizens. We even learned how Brexit could gravely affect Northern Ireland's healthcare funding.

Among the sites we visited were "The Walled City," Glenveagh National Park and gardens and trails around Donegal.

The study abroad trip opened our eyes to an unforgettable experience, where we learned of the locals' kindness and hospitality, Irish culture, and the importance of community health and interprofessional collaboration in the healthcare setting. For many of us, this trip will affect our professional practice and strengthen our appreciation for the diversity and unique strengths of each member in the healthcare team.



From left, Dr. Hawkins and Anna McLean run an ED simulation on a high-fidelity mannequin at Altnavelgin Hospital, in Derry, Northern Ireland.



Sammi Shepard conducts a oral cancer screening for a member of the community center in Donegal, Ireland.

SCHOOL OF DENTAL HYGIENE

Another Successful Dental Hygiene Winter Weekend

Hats off to Assistant Professor Ann Bruhn and the School of Dental Hygiene for another successful Winter Week End Continuing Education Event. Held Feb. 18-19 at the Sheraton Virginia Beach Oceanfront Hotel, this event brought together more than 270 dental hygienists from around the state. Under the direction of Professor Bruhn, a wide array of nationally recognized speakers presented inspiring courses that were of great benefit to the professionals in attendance. All participants were also invited to participate in a survey on Workplace Bullying, promoting faculty research at Old Dominion University. Inspired learning, delicious food and great fellowship created a fun and worthwhile weekend.



From left,
Professors
Ann Bruhn
and Lynn
Tolle.

Old Dominion University College of Health Sciences is 30 years old!



Please join us in celebrating this important milestone of 30 years of academic excellence by showing your support for the College of Health Sciences' future and making your gift today. Every gift makes a difference and helps us achieve our vision of advancing healthcare education and research through interdisciplinary and global collaborations.

To make your gift online, please visit www.odu.edu/efgive

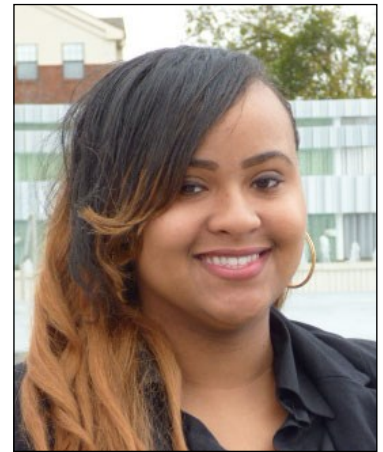
Share your anniversary pledge on Instagram (@oducohs) or Twitter! @COHS16 #COHS30

CENTER FOR GLOBAL HEALTH

Walker lands job at APHA in Washington, D.C.

We would like to wish Angelica Walker much success on her move to Washington, D.C. She will be the new Meetings and Marketing Coordinator for the American Public Health Association (APHA). Angelica has filled countless roles on campus as a student and as staff and has truly used her time at ODU to learn, network and excel. Angelica, a Master of Public Health student in the EVMS/ODU joint program and an ODU BSHS alumna, had a diverse and interesting pathway as a student, which ultimately led her to her new career with the APHA.

As a student, Angelica pursued the Public Health concentration with an emphasis in administration. Some of Angelica's most memorable times included serving as chief's aide for the ODU Police Department, MPOWER peer educator with the Women's Center, and student perspective writer for the College of Health Sciences Newsletter.



Angelica Walker

Ironically, Angelica's first article in the newsletter was written about the importance of getting hands-on, practical experience through internships and volunteer opportunities to prepare for a professional career. Angelica met Dr. Muge Akpinar-Elci, Director of the Center for Global Health, while doing a follow-up interview and article. Dr. Akpinar-Elci invited her to intern with the center over the summer. The internship gave Angelica the opportunity to work with the Norfolk Department of Public Health on pressing health threats such as the Zika virus. She was also able to sharpen her skills and passions of writing, research, planning and communications. After her internship, she became the social media assistant for the center.

"The center exposed me to working with amazing professionals from different fields and involved me in a variety of projects," Angelica said. "I feel that it definitely prepared me for my new position and wouldn't trade my time or what I've learned there for anything."

We hope APHA knows they are gaining an extraordinary Monarch! While were sorry to see you go, we wish you all the best for the future!

The Global Health Graduate Certificate Program is growing and is moving into its third year. The program is not short of exciting opportunities for students. It's a 15-credit program that gives students the knowledge and skills to address health disparities and difficulties on a global level. Global health is relevant in a number of ways and in a variety of disciplines, so despite one's educational or occupational background, this certificate is perfect for those seeking global health knowledge to make an impact in their field.

The program is unique in that it is offered completely online. The program's curriculum includes in-demand courses such as epidemiology, health management, and research. The courses will also discuss the need to improve access to care, health promotion, and the root causes of health problems of a population on a global scale rather than on an individual or national scale. By completing the program, certificate holders will be able to apply the knowledge and training from the program to work in health-related governmental and non-governmental agencies, university research programs, international healthcare consultancies and multinational corporations.

Students take initiative



From left, nursing students Pilar Mueller and Ellie Mulville, President John R. Broderick, nursing student Jennifer Alviar and Vice President of Human Resources September Sanderlin met Monday, April 3, to discuss ways of promoting a more breastfeeding-friendly environment on campus. ODU currently has several breastfeeding rooms on campus, but the students are working with the administration to better promote them.

Upcoming Events

April

April 24	Spring Classes End
April 24	COHS Awards & Recognition Luncheon, 11:30 a.m., Location: Ted Constant Convocation Center, Big Blue Room
April 25	Reading Day
April 26	Exams Begin

May

May 3	Exams End
May 5 & 6	Spring Commencement, Ted Constant Convocation Center
May 29	Memorial Day Holiday (University Closed)